

The Hertford County Office of Aging



Aerobics Exercise Class

**Location: Hertford County
Office of Aging
(Winton Nutrition Site)**



Monday, Tuesday and Thursday

5:15pm—6:30pm

Starting Monday, August 5, 2013

**Come and join the fun line dancing and
walking away the pounds**

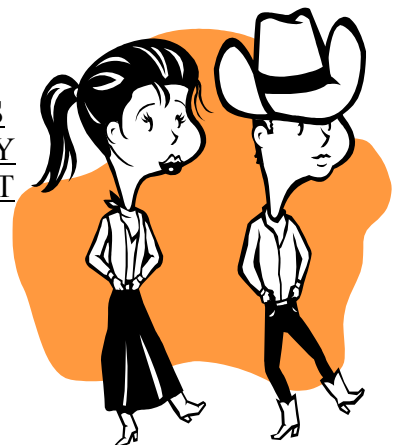
Instructor: Alicia Mitchell

**For more information contact
the Hertford County Office of Aging at 252-358-7856**

**NOTE: Please check with your doctor before
starting any exercise class**

**NOTE: THIS CLASS IS FOR OLDER ADULTS 55 YEARS
OF AGE OR OLDER. 21 YEARS OF AGE OR OLDER MAY
PARTICIPATE IF ACCOMPANIED BY AN OLDER ADULT
55 YEARS OF AGE OR OLDER**

THE CLASS IS OPEN TO ALL COUNTY EMPLOYEES



July 22, 2013